

**The North Carolina Psychoanalytic Society
2011-2012 Scientific Program Series**

Saturday, April 21, 2012

10 am - 12 noon

The Lucy Daniels Foundation, Cary, NC

Registration and Refreshments begin at 9:30 am

Psychodynamic Treatment of Eating Disorders: Beyond the Body Betrayed

Presented By

Kathryn J. Zerbe, MD

Register online at www.ncpsasoc.org/registration.shtml

Cost: \$45 (\$50 at the door)

Registration prior to the date of the program is encouraged and appreciated. The presentation is offered at no charge to NC Psychoanalytic Society members. Pre-registered full-time students with ID and trainees in the departments of social work, psychology, and psychiatry are admitted without charge as well. Scholarships are available for others for whom the admission fee is a hardship. Please contact the administrator (contact info listed below) if interested.

Psychodynamic issues often underlie eating disorders but go unaddressed in contemporary psychotherapy. Basing her talk on her clinical papers and 1993 and 2008 books on the topic, Kathryn Zerbe will explore how essential understanding of the role of the family, unconscious conflict, transference and countertransference mechanisms, and sexuality can improve quality of life for the patient. Zerbe proposes that biological and cultural factors are important to include in treatment for a fully integrative approach, but current methods of treatment omit psychodynamic issues at the patient's peril. Using art historical slides to demonstrate her themes and throw light on clinical examples and therapeutic action essential for improvement, Dr. Zerbe asserts that all therapists must come to grips with how our own bodies and body images influence our understanding of the patient and ourselves. Particular attention will be paid to the growing number of middle aged and older patients who are entering treatment, often for the first time, for an overt or subclinical eating problem that has stymied their engagement in life for many years. Their plight poignantly backs up Zerbe's hypothesis concerning the psychodynamic factors that underlie eating disorders and augurs for their inclusion in treatment despite contemporary resistances to them (e.g. third parties; practice guidelines).



Kathryn J. Zerbe, MD is Director of the Oregon Psychoanalytic Institute where she also serves as a Training and Supervising Psychoanalyst. Currently in private practice in Portland, she also serves as Clinical Professor in the Department of Psychiatry at Oregon Health and Sciences University and holds a joint appointment as Professor in the Department of Obstetrics and Gynecology. A frequently requested speaker both nationally and internationally, Dr. Zerbe lectures on topics that include eating disorders, women's health, professional well-being and the psychology of 19th and 20th Century artists. She has authored over 100 clinical papers, book chapters, and reviews and 4 books, including *The Body Betrayed: Women, Eating Disorders, and Treatment* (American Psychiatric Press, 1993/

paperback edition 1995) and *Integrated Treatment of Eating Disorders: Beyond the Body Betrayed* (W. W. Norton, 2008).

How to Register:

You may register online at www.ncpsasoc.org/registration.shtml or mail your contact information and payment to: NC Psychoanalytic Society, 901 Paverstone Drive, Suite 11, Raleigh, NC 27615. Society members should register by e-mailing your reservation to info@ncpsasoc.org

Special accommodations may be made for participants with disabilities. Please contact the Society Administrator at the number below before April 13, 2012 to make arrangements.

Our refund/cancellation policy is available upon request. Contact the Administrator for further details. Up to 2 Category I CME credits are offered through the American Psychoanalytic Association. NCPS is approved by the American Psychological Association to offer up to 2 Category A CE hours for Psychologist and 2 clock hours for LPCs. Letters of attendance will be provided to all others. See below for details.

If you have any questions, please contact the Administrator at 877-572-6778 or info@ncpsasoc.org.

Directions: Lucy Daniels Foundation (LDF) is located at 9001 Weston Parkway in Cary, NC. From I-40, take exit 287, Cary/Harrison Avenue. Proceed toward Cary on Harrison Avenue, approximately one-half mile. Turn right onto Weston Parkway and travel for 1.5 miles. The LDF is across the median on the left. Continue driving another 0.1 mile and make a U-turn at the median break to return to the LDF, now on your right. After turning into the LDF drive, you may park alongside the building or in the upper parking lot. (The LDF is located in the end of the building closer to Weston Parkway; the section of the building housing the Lucy Daniels Center for Early Childhood is at the far end, closer to the upper parking lot.)

Target Audience: Open to mental health professionals and anyone else with an interest in this topic. This program is at an intermediate instructional level.

Educational Objectives:

After this presentation, participants will be able to:

1. To increase practitioner's awareness of psychodynamic issues that can and should be addressed in the treatment of eating disorders, including transference and countertransference, intergenerational conflicts and transmission of eating problems within family systems, sexuality, and quality of life concerns
2. To sensitize practitioners to how eating disorders manifest themselves differently in adolescence, adulthood, and middle and later life and how to employ knowledge of the developmental life cycle in the treatment of eating problems (anorexia nervosa, bulimia, binge eating disorder, and subclinical manifestations of each of these that are common in a contemporary psychotherapy and psychoanalytic practice).

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the American Psychoanalytic Association and the North Carolina Psychoanalytic Society. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians.

The American Psychoanalytic Association designates this Live Activity for a maximum of [number of credits] AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS: *None of the planners and presenters of this CME program have any relevant financial relationships to disclose.*

The North Carolina Psychoanalytic Society is approved by the American Psychological Association to sponsor continuing education for psychologists. The North Carolina Psychoanalytic Society maintains responsibility for this program and its content. APA provider number is 1578.

The North Carolina Psychoanalytic Society is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. NBCC approved provider number is 6518.